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a first elongated member having two ends, the first end positioned to engage a device to be operated, the first elongated member further comprising an expanded portion of increased width and a narrow portion of reduced width relative to the expanded portion;

the first elongated member further comprising at least one receptacle for receiving a restricting device through an end of the first elongated member; and

a hollow second elongated member having two ends, the second elongated member positioned to receive the first elongated member, the second elongated member further including a restricting means, wherein, in order to prohibit movement in an axial direction, the first end of the second elongated member is configured to be retained by the restricting device.

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9. (Twice Amended) An apparatus for moving an item comprising:

a base;

a supporting means positioned above the base;

an arm having two ends, the arm positioned so that one end is pivotally related to the supporting member and the other end is pivotally related to the base;

a lifting means; and

a handle comprising;

a first elongated member having two ends, the first end positioned to be received by the apparatus, the second end having an expanded portion of an increased width; the first elongated member further comprising at least one receptacle for receiving a restricting device through an end of the first elongated member; and

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a second elongated member having two ends, the second elongated member being hollow and positioned to receive the first elongated member, the second elongated member further including a restricting means having a width that is narrower than the width of the expanded portion of the first elongated member, wherein, in order to prohibit movement in an axial direction, the first end of the second elongated member is configured to be retained by the restricting device.

16. (Twice Amended) An extensible handle, comprising:

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a first elongated member having two ends, an expanded portion of increased width, and a narrow portion of reduced width relative to the expanded portion;

the first elongated member further comprising at least one receptacle for receiving

a restricting device through an end of the first elongated member; and

a hollow second elongated member having two ends, the second elongated member positioned to telescopically receive the first elongated member and further including a means for restricting the expanded portion of the first elongated member from fully passing through both ends of the second elongated member, wherein, in order to prohibit movement in an axial direction, the first end of the second elongated member is configured to be retained by the restricting device.